



H1N1 Information for Plan Members

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The H1N1 flu vaccine is now being shipped to each state and will soon be made available to the public.

Priority Populations

The H1N1 flu can pose a serious threat to certain people. The Center for Disease Control (CDC) has identified certain groups to get the vaccine first, with other less risky groups to follow as the vaccine is made more available. Those who should get the vaccine right away are:

- Pregnant women
- Caregivers for children younger than 6 months
- Health care and emergency medical personnel
- Children and young adults from ages 6 months to 24 years
- People ages 25 through 64 who have other health conditions that might increase their risk for flu-related complications

Getting the Vaccine

UMR and our parent company, UnitedHealthcare, have worked with a lot of different partners to make it easy for you to get the vaccination.

- **Public Health Clinics**

You can get your vaccination at most public health clinics for free or at a low rate (subsidized by the federal government)

- **Doctors' Offices**

You can go to your doctor's office or local clinic. The vaccination is free. There are no co-pays, deductibles or co-insurance fees.

- **Retail Pharmacies**

Most major retail pharmacies will offer the vaccinations at no cost to you. Just show your medical ID card and identification, such as a driver's license.

You should contact your public health clinic, local pharmacy or doctor ahead of time to be sure they have the H1N1 vaccine and enough supplies to give you the vaccination.

Visit UMR.com

- **Answers to Frequently Asked Questions**—you'll find answers to common questions about the H1N1 flu and the vaccine
- **Tips to Prepare You and Your Family for Flu Season**
- **Links to the CDC and U.S. Health and Human Services Websites**—for the most up-to-date information on the flu



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